Coronavirus Disease 2019



COVID-19 and Protecting Against Panic

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends:

- Have cleaning and sanitation supplies on hand to keep your family safe, but be mindful against hoarding and continue to treat other shoppers with respect.
- Prepare your household for a possible two-week quarantine or isolation period, but again be mindful against hoarding. Remember that we are all in this together as a community and need to protecting and helping one another as we work through this crisis.
- Reserve surgical face masks for people who have or are suspected of having COVID-19 to prevent spread. They are not recommended for preventing respiratory illness in people who are not sick.
 Face piece respirators should be reserved for healthcare personnel. They are ineffective unless a user is fitted and they are properly worn.
- Remember that the majority of people who contract COVID-19 will have only minor symptoms and will not need to be hospitalized. People at higher risk of serious complications include the elderly, people with chronic heath conditions, and people with compromised immune systems.
- People who have completed quarantine or been released from isolation do not pose a risk of passing infection to other people.
- Share accurate information about COVID-19 preparation and response with others to help reduce fear, anxiety, and stigma. Visit <u>coronavirus.ohio.gov</u> or contact the ODH COVID-19 call center at 1-833-4-ASK-ODH (1-833-4-275-634).



STAY HOME WHEN YOU ARE SICK



AVOID CONTACT WITH PEOPLE WHO ARE SICK



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS